B1-30: Does a stressful night shift on the floor make you fat? An examination of association between shift, unit, and stress and the incidence of obesity among RNs

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Abstract:
Introduction: This study aims to examine the associations among the type of inpatient unit, shift, and perceived stress scores and incidence of obesity in RNs. Obesity is quickly becoming
the nation’s number one cause of preventable death. The population of RNs is not immune; studies indicate that over half of RNs are overweight or obese. Little is known if certain factors in the working environment may relate to obesity.

**Method(s):** Secondary analysis was performed on data collected in a cross-sectional survey design conducted in 3 hospitals in a southeastern US state of RNs working at the bedside (n=289). The RNs were 91% female, 81% Caucasian, with a mean age of 40.15 years (± 10.9). 22.1% had a BMI \( \geq 30 \). Variables included the type of unit worked and the shift; stress score was calculated from the Health Professions Stress Inventory (HPSI). Crosstabulations, univariate and logistic regression analyses were used to predict the incidence of obesity in RNs based on the unit, shift, and stress score.

**Results:** The prevalence of obesity was evenly distributed among unit and shift (24.5% med-surg compared to 21% OB/Ped RNs) (20.6% day shift compared to 25.6% night shift). The full model containing all predictors was not statistically significant, \( \chi^2 (5, N=289) = 3.39, p=.640 \). Univariate analyses of unit, shift, and stress score were also not statistically significant in predicting obesity.

**Discussion & Conclusions:** The findings of this study were not significant with the variables chosen; however this sample may not be reflective of the true RN population. Further studies need to be conducted to determine predictors of obesity in RNs. One way hospitals can intervene now is by providing healthier food options on all shifts.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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